

2016 SOI Rule Updates - Reminders

Sport	Change	SOPA Notes
Alpine	One minute rule for intermediate and advanced, two-minute for beginners.	At discretion of sport director
Basketball	12m Dribble: slalom in both directions, as opposed to sprinting back to start.	
Basketball	Perimeter Shooting: Change to procedure	Please see the change in the rules
Basketball	Unified Sports: Clarification to roster makeup, proportionate number of athletes and partners.	See details in rule change document. At this point in time SOPA does not offer Unified Basketball in Sectional or State competition.
Bocce	Ramps: No mechanical aids shall be used to propel the bocce or pallina.	
Bowling	Athlete Uniform: several clarifications including: Tops are to be short sleeved and collared, no athletic-type shorts, and socks are required! Bowling shoes are also required for competition.	All counties should make an effort to have collared uniform shirts beginning in the 2018-19 season. The next time you purchase uniforms they MUST have a collar.
Powerlifting	Equipment: Athlete may opt to use 15kg bar for bench press only.	SOPA will NOT have this available at competitions in 2017, we will survey the coaches at Fall Fest to see if there is a need moving forward.
Powerlifting	Unified Sports event information	At this point in time SOPA does not offer Unified Powerlifting in Sectional or State competition.
Soccer	Unified Sports: Clarification to roster makeup, proportionate number of athletes and partners.	See details in rule change document. SOPA is offering competitive Unified Soccer competition at Sectionals and State Games, Unified 7v7 will be the preferred level.
Softball	"Safety" or "Double Home Plate"	Details in rule book, not a new change, but will be used in competition
Swimming	New events: 15m kickboard, 15m assisted swim, 25m assisted swim	SOPA has begun offering these events at competition
Swimming	Removed event: 10m assisted swim	
Volleyball	Unified Sports: Clarification to roster makeup, proportionate number of athletes and partners.	See details in rule change document. At this point in time SOPA does not offer Unified Volleyball at State level competition.

Full SOI Rules Updates can be found at: <http://resources.specialolympics.org/sports-rules/>